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ABSTRACT

This booklet (or "Junior Ranger Handbook") was designed to help children 4 to 12 years of age learn about the National Park Service and the Big South Fork National River and Recreation Area (Tennessee). The booklet offers activities and questions about the park; answers may be found by using the Big South Fork Web site (http://www.nps.gov/biso/). The hope is that these activities and questions will prepare children and their parents for a future visit to the Big South Fork National River and Recreation Area. By completing activities in the booklet children can qualify for a "Junior Ranger Badge and Certificate." (BT)

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Big South Fork

Big South Fork National River and Recreation Area

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Junior Web Ranger

SO 031 263

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JUNIOR RANGER HANDBOOK

A NOTE TO PARENTS:

The Big South Fork National River and Recreation Area would like to welcome you and your child to our Junior Web Ranger Program. The Junior Web Ranger Program is an adaption of our Junior Ranger Program and was designed for children 4 to 12 years of age to help them learn about the National Park Service, the Big South Fork, and have fun too! We need the help of parents to accomplish this goal.

In order to become a Junior Web Ranger you will need to print out the pages of this booklet. Each child should then complete the activities and answer the questins in this book. The answers to most of the questions may be found by surfing the Big South Fork web site. We encourage you to help and interact with your children, but let them do as much of the work as they are capable of doing.

The activities in this book are just a starting place for you and your child. It is our hope that the activities in this book will help prepare you to enjoy a future trip to the Big South Fork National River and Recreation Area and lead you to visit other National Park Service sites.

When you have completed the activities in this book, simply mail the book to Steven Seven at the Park Headquarters (our address can be found in our web site) and we will mail your child a Junior Ranger Badge and Certificate.

After you receive your Junior Ranger Book, write the date of your visit to the Big South Fork web site in the box below.

Date: _____

JUNIOR RANGER PROMISE

I, _____, promise to learn about the Big South Fork National River and Recreation Area and what I can do to protect it from harm. I will help others have fun and learn about the park, the river, the history, and the natural features within it. I will obey the rules and the rangers and always act in a safe manner.

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HELP A PARK RANGER

Circle the letter of the correct answer.
Some questions may have more than one right answer.

You are walking down the trail and you see a snake. You should:

a. try to chase it away with a stick
b. kill it
c. give it plenty of space and walk around it

You see a beautiful flower. You may:

a. take a picture
b. smell it
c. pick it

You are walking through a field and find a baby deer or fawn in the grass. Its mother is nowhere in sight. You should:

a. take it to the nearest ranger
b. leave it alone
c. pet it
d. take it home with you

You want to build a campfire to roast marshmellows. You may NOT:

a. bring your own wood or charcoal with you to the park
b. cut down the nearest small tree and burn it
c. buy some firewood
d. pick up any dead wood lying on the ground

You are picnicking and see a skunk walk toward you. You should:

a. throw food at it so it will go away
b. leave your food out on the table and run
c. put your food away in the car or camper when you finish eating

You are hiking and see a wild animal. You should:

a. offer it food so that it will come closer
b. enjoy watching it from a distance
c. throw rocks at it to make it go away

You are traveling downhill and you can see part of the same trail below you. You are in a hurry to get back to camp. You should:

a. slide down the hill to the trail below
b. stay on the trail and follow it around the switchback
c. run straight down the hill

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BE WOODS-WISE AND SAFE

Circle the letter of the correct answer.
Some questions may have more than one right answer.

You are planning a day hike. You should bring:

a. a bottle of water
b. a snack to eat
c. a tent
d. a radio with headphones

You are bringing a light jacket to wear hiking. It should:

a. have a hood to keep your head warm
b. be dark green or brown to blend with the trees
c. be a bright color so it can be easily seen

You should always keep these things in your day pack:

a. trash bag to use as a raincoat
b. a whistle
c. a shiny lid that will reflect sunlight
d. a 6-pack of soft drinks

It is always best to hike or ride:

a. alone so that you can enjoy the quiet
b. right before dark so the trails won't be crowded
c. with a friend or adult that you know

When you ride bikes with a friend, you should:

a. stay together on the trail
b. ride off and leave them so you can be the first one back
c. wear a helmet to protect your head

If you become lost, you should:

a. turn around and try to find the way back
b. stay in one place
c. blow a whistle every once in a while

If you are lost and you hear someone yell your name, you should:

a. yell back at them or blow your whistle
b. hide because they will be mad at you for getting lost
c. start walking and try to find them

Why does it help to "Hug a Tree" if you get lost?

_____

_____

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TAKE A TRAIL
Hike, Bike, or Ride

The Big South Fork has trails for hikers, mountain bikers and horseback riders. Visit the web page which provides trail information for the type of trail you plan to use. Study the trail information given and answer the questions below.

Describe the type of blaze(s) used on the trails you are studying.

_____

_____

Name of trail you would like to take: _____

Based on the listed features, design a postcard showing what you think you would see along the trail.

Are you prepared for your hike or ride? A hiker needs sturdy shoes or boots. Sandals are not good for walking in the woods. Bikers should wear a helmet. Horseback riders need to wear long pants,

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IT'S ALL ABOUT A RIVER

The Big South Fork River

Two rivers, the Clear Fork River and New River, come together to make up the Big South Fork of the Cumberland River. The Big South Fork is unusual because it is one of the few rivers that flow north. From the river overlooks you can see the deep gorge that the river has cut into the Cumberland Plateau. The Big South Fork is a free-flowing river.

Visit Paddling Guide found under Recreation Opportunities and answer these questions concerning paddling on the Big South Fork River or its tributaries.

1. River rapids are rated on a scale from I (easiest) to VI (most dangerous). What is the most difficult section to paddle in the Big South Fork?

_____

2. If you wanted to do a long, overnight canoe trip some spring, what section of the river could you paddle?

_____

3. The flow rate of water in the Big South Fork River is measured in CFS (**C**ubic **F**eet per **S**econd). What is the flow rate of the river at the Stearns gage today?

Date: _____ CFS _____

From the river overlooks you can see rapids in the river where the water flows over and around big rocks or boulders creating powerful splashes of white water. People paddling canoes sometimes go for a swim in the rapids if they aren't careful. Hikers should NEVER climb on or around rocks near a rapid. Why not?

_____

You "otter" be SAFE around water!

People use the river for fun; but, it is important to be safe around water. Draw a picture of the one thing every canoer, kayaker and boater should wear when out on the water. To be really safe, you can even wear them when swimming.

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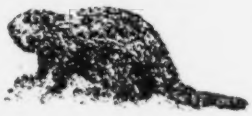
Draw a line connecting the animal and where you might see it at the Big South Fork River

swimming in schools



washing their food in the river

wading in the water looking for a fish to eat

flying up and down laying its eggs in the water

hiding under a rock in the river

sunning on a log

diving into its den made of sticks

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LEARN SOMETHING NEW

Explore another Park on the Internet

Visit Park Net at WWW.NPS.GOV and surf another National Park Service Site. Once you are familar with the site, answer these questions below.

1. What was the name of the park you visited? _____

2. Based on what you read about the park, describe the park, what it protects, why it was established?

_____

_____

_____

_____

3. What are the recommended activities for the park?

_____

_____

4. Where is the park site located? _____

5. Does the park page have an expanded web site? ___ Yes ___No

6. Describe one of the expanded web pages you found most interesting.

_____

_____

_____

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BLUE HERON COMMUNITY
Blue Heron / Mine 18

Want to learn about a "ghost town?" If you visit the Blue Heron Mining Community web pages you can. Blue Heron, (also called Mine 18) is a re-created coal mining town full of history of the miners and their lives.

Their ghost structures are open-air buildings on the same site as the original buildings. By visiting each ghost sturcture web page you can learn what it was like to live and work in a coal mining town. Imagine yourself being there fifty years ago. If you have "Real Audio" you can listen to the words of the people who were really there. Try to imagine yourself growing up in a coal camp and what life would have been like for you and your family.

1. What coal company operated Blue Heron? _____
2. By what other name was Blue Heron called? _____
3. What is the name of the type of money used in coal towns? _____
4. How many rooms did the school have? _____
5. Name two tools the coal miner used: _____
6. Why was having a bathhouse so important? _____
7. What was the purpose of the tipple? _____
8. Name three sizes of coal: _____
9. How was the coal mined at Blue Heron used? _____

Draw one of the tools a miner would have taken to work with him deep in the mines.

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THE PEOPLE WHO CAME HERE

Early Americans
The earliest people to come to the Big South Fork area arrived here about 12,000 years ago. They followed the big game herds such as bison and elk. Some of their tools and weapons, or artifacts, can be seen displayed at the Bandy Creek Visitor Center.

The Longhunter
In the 1770s a group of hunters and explorers begin entering the Big South Fork region. Because these men would often go on long hunting trips, they became known as the longhunters. They came looking for the many wild animals found in this area. Many of these longhunters later returned with their families to settle here.

Early Settlers
You have just arrived in the Big South Fork area. You will need a good, clean, and steady source of _____ to survive, so you looked for it when choosing a place to build your cabin. You have found a good spot next to a creek. You are glad to see a nice, cold spring coming out from underneath the small bluff. This will be important to you next summer.

Why?_____

Rocks and trees cover your land. The first thing that you will have to do is
_____

What natural resources are available here that you could use to build a cabin?
_____

Think about it: How will you keep the logs together without nails? _____

What can you use to help keep the cold air from coming in between the logs? _____

Draw a picture of your cabin.

JUNIOR RANGER HANDBOOK

DID YOU KNOW?

1. A **skunk** can spray accurately up to 12 feet away. What kind of shot are you from that distance? _____

2. A **black bear cub** weighs about 1/2 (one-half) of a pound when it is born.
How much did you weigh when you were born? _____

3. The **o'possum** has 50 (fifty) teeth, more than any other mammal. Grin like a possum...
How many teeth do you have? _____

4. The **Eastern Box Turtle** can live up to 100 (one hundred) years. It usually spends its entire life in an area about the size of a football field.
Where do you live? _____
What is the fartherest from home that you have ever traveled? _____

5. The **groundhog** hibernates during the winter, sleeping 3 - 4 months depending on weather conditions. How many hours do you usually sleep at one time? _____
Multiply 4 months X 30 days X 24 hrs. How many hours can a groundhog sleep? _____

6. The front teeth of a **beaver** never stop growing. They wear them down quickly because they eat the bark from trees. You can tell a beaver stick by the teeth marks. Bite into a carrot and look at your teeth marks.

7. A **grasshopper** can jump 20 (twenty) times its own length. How tall are you? _____
Measure how far you can jump. I can jump _____ inches.

8. The ears of an **owl** are asymmetrical (different from each other). One hears sounds from above and the other hears sounds from below. An owl can hear a mouse squeak from 1/2 (one half) mile away. You can improve your hearing if you cup your hands around the back side of your ears. Try it.

9. The **Sassafras** has three different shaped leaves on each tree. Find a sassafras tree and then draw the three shapes. If you can not find a tree to look at the leaves on, try doing a web search on "sassafras tree".

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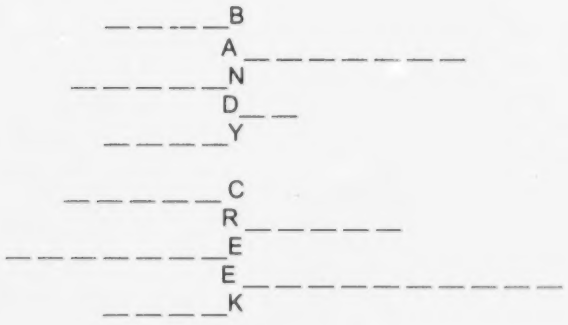
JUST FOR FUN
Crossword Puzzles

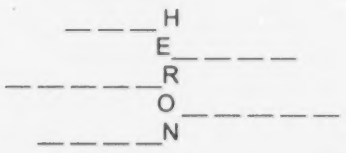


You may not rock __ on the arches.
An old man-made tool or weapon.
Early American in the Big South Fork.
It is illegal to __ in the rockshelters.
Type of soil under the Twin Arches.

Lunch eaten outside.
Report any problem to a __.
Be sure it is out before you leave.
Some campsites have __ .
Unwanted, smelly campground visitor.

Miners carried their lunch in it.
What was mined at Blue Heron?
Coal is formed __ the ground.
One grade of coal was called __Heron.

One house was just for taking a __.
Never __ an open mine.
Low grade coal has too much __.
Air inside a mine may lack in __.
It hauled the coal from the tipple.



Write down as many words as you can make from the letters in these words.
If a letter appears only once, you can only use it once in your new word.

BIG SOUTH FORK RIVER AND RECREATION AREA

BEAVER